

# Kripalu Programs

## Introduction to Ayurveda: A Nourishing Self-Care Retreat

Sun	5:30–7:00 pm	Dinner
	6:45–7:15	Kripalu Orientation
	<b>7:30–9:00</b>	<b>Program Opening Session</b>
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Mon	6:30–8:00 am	Kripalu Yoga Classes
	7:00–8:30	Breakfast
	<b>9:00–11:30</b>	<b>History and Overview of Ayurveda</b>
	11:30 am–1:30 pm	Lunch
	<b>1:45–3:45</b>	<b>Relaxing Vata-Balancing Yoga and Yoga Nidra for Autumn</b>
	4:15–5:45	Kripalu Yoga Classes
5:30–7:00	Dinner	
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Tue	6:30–8:00 am	Kripalu Yoga Classes
	7:00–8:30	Breakfast
	<b>9:00–11:30</b>	<b>Ayurveda in Your Life: Practical Tools for Daily Living</b>
	11:30 am–1:30 pm	Lunch
	<b>1:45–3:45</b>	<b>Ayurvedic Sense Care and Nourishing Abhyanga</b>
	4:15–5:45	Kripalu Yoga Classes
5:30–7:00	Dinner	
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Wed	6:30–8:00 am	Kripalu Yoga Classes
	7:00–8:30	Breakfast
	<b>9:00–11:30</b>	<b>Cooking Demonstration</b>
	11:30 am–1:30 pm	Lunch
	<b>1:45–3:45</b>	<b>Ayurvedic Approach to Nutrition</b>
	4:15–5:45	Kripalu Yoga Classes
5:30–7:00	Dinner	
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Thu	6:30–8:00 am	Kripalu Yoga Classes
	7:00–8:30	Breakfast
	<b>9:00–11:30</b>	<b>Finding Emotional Balance</b>
	11:30 am–1:30 pm	Lunch
	<b>1:45–3:45</b>	<b>Pranayama to Balance the Doshas and Meditation</b>
	4:15–5:45	Kripalu Yoga Classes
5:30–7:00	Dinner	
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Fri	6:30–8:00 am	Kripalu Yoga Classes
	7:00–8:30	Breakfast
	<b>9:00–11:30</b>	<b>Ayurvedic Take Home Plan</b>

The logo for Kripalu, featuring the word "Kripalu" in a stylized, orange, sans-serif font.

*Please note that this schedule is subject to change.*